

Sembrando Salud

Brief Program Description

Sembrando Salud is a culturally sensitive, community-based tobacco- and alcohol-use prevention program specifically adapted for migrant Hispanic/Latino adolescents and their families. The program is designed to improve parent-child communication skills as a way of improving and maintaining healthy decisionmaking. Designed for youth 11 to 16 years of age, the 8-week curriculum for adolescents and their families is delivered by bilingual/bicultural college students in classrooms and meeting rooms in school-based settings.

The program interventions are a mix of interactive teaching methods including group discussions led by a leader, videos, demonstrations, skill practice, and role-playing. Adolescents are exposed to how problems can be identified and analyzed, solutions generated, and decisions made, implemented, and evaluated. There is also a focus on developing parental support for the healthy discussions and behaviors of adolescents through enhanced parent-child communications. Parental communication skills, such as listening, confirmation, and reassurance, also are developed.

The program develops new behavioral skills, such as refusing alcohol and tobacco offers, and communicating with peers and adults alike.

Program Development Support

The National Cancer Institute, U.S. Department of Health and Human Services, funded development of Sembrando Salud.

Contact Information

For indepth information on this program, please use the contact listed below.

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